



Tulare County Employee Wellness Program

MENTAL HEALTH AWARENESS



DECEMBER 2014 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Live Webinar: "Holidaze" Anthem EAP Holidaze Webinar	4	5	6
7	8 Onsite: "New Year's Resolutions" Anthem EAP New Year's Resolutions	9	10	11	12	13
14	15	16	17 Webinar: "Boost Your Brain Power" Kaiser Boost Your Brain Power	18	19	20
21	22	23	24 Christmas Eve (County Holiday)	25 Christmas (County Holiday)	26	27
28	29	30	31	Weight Watchers Meetings: 5:15-6:15 pm; Wednesdays-Visalia Gov't Plaza Thursdays-Porterville Gov't Plaza LAST MEETINGS: December 10 and 11		

“HEALTHY COOKING RECIPES”

Dates: December 1, 2014—December 31, 2014

We would like to invite all County of Tulare employees to provide their favorite healthy recipe. We hope employees throughout the County are able to enjoy some healthy meal options using the recipes provided. Some of the recipes will be acknowledged in the January Grapevine Newsletter.

Submit your recipe on the attached form to OEhealth@co.tulare.ca.us no later than **Wednesday, December 31, 2014**. Attached are some tips regarding healthy recipe guidelines.

HOW HAPPY ARE YOU?

What is true happiness? Can happiness be defined? Can it be measured? Find your true happiness grade by selecting the link below and take the “True Happiness Test”. The test measures:

- How you remember your life.
- How you experience your life .
- The affect of your environment on your life.

[Happiness Test](#)

ONSITE CLASS: “New Year’s Resolutions”

Date: December 8, 2014 Time: 12:00-1:00 pm

Place: Human Resources & Development

**Testing Room 203
2900 W. Burrel, Visalia**

This is a fact-filled class about resolutions which, when done properly, can truly change our lives. This seminar offers help, encouragement and guidance. The class is meant to be extremely interactive and participatory.

How to attend:

Register by selecting the link below:

[Registration: New Year's Resolution's](#)

Anthem® EAP



LIVE WEBINAR: “HOLIDAZE...HOW TO ENJOY THE HOLIDAYS AND MINIMIZE HOLIDAY STRESS”

Date: December 3, 2014 Time: 12:00 pm—1:00 pm

We all have special feelings about the holidays. For many, it's a wonderful time of celebration, family gatherings and joyful times. For others, it's a time of sadness and feeling overwhelmed. In this seminar, participants examine sources of holiday stress and learn strategies for coping and managing their emotions, time, relationships and finances. Share ideas for organizing holiday tasks, managing holiday demands and look at the role of holiday traditions.

How to attend:

Register by selecting the link below:

[Registration - Holiday Webinar](#)

Anthem® EAP

WEBINAR: “BOOST YOUR BRAIN POWER”

Date: December 17, 2014

**Time: Pre-Recorded
Available All Day**

Learn what you can do to boost your memory, prevent dementia, and build brain power. Nancy Hoffman, PsyD, will discuss the latest research on exercise, nutrition, and activities that can help sharpen your mind and improve your overall well being.

How to attend:

Select the link below to watch the pre-recorded webinar at any time of day on December 17, 2014.

[Boost Your Brain Power](#)

KAISER
PERMANENTE® **thrive**

Tips for Healthy Recipe Submissions

Recipes (when meat is included) should use lean cuts of meat such as: chicken, turkey, fish, shellfish, beef (sirloin, eye and top round steak/roast, 90 percent lean ground, etc.), pork (tenderloin, boneless loin roast/chops).

1. Recipes (when grain products are included) should use whole grain products (rice, pastas, breads, etc.).
2. Recipes (when dairy, sauces and dressing are included) should use reduced fat products.
3. Recipes (when soups, spices and sauces are included) should use reduced sodium options. Salt products may be used in acceptable quantities.
4. Heavy use of fruits and/or vegetables is strongly encouraged.
5. Recipes must include a complete list of ingredients including accurate measurements for every ingredient.
6. Recipes must include complete step-by-step directions for preparation and cooking to include times, temperatures, etc.
7. Photos of the entire process are encouraged and can include shopping for ingredients at your local farmer's market, preparation of the recipe, the cooking process and of course, the finished product.



Recipe:

Submitted By:

Employee ID #:

Dept:

Ingredients:

C. = cup; tsp. = teaspoon; T. = tablespoon; lb. = pound; oz. = ounces; pkg. = package; pt. = pint; qt. = quart

Instructions:

Please be very clear and thorough in your instructions.

Cooking Temperature:

Cooking Time:

Pan Size: